

Carrots Au Gratin

- 3 TBSP. margarine, divided
- 1-¾ cups Corn Flakes® cereal,
crushed to ¾ cup
- 1/3 cup chopped onion
- 3 TBSP. all-purpose flour
- ¼ tsp. salt
- ? tsp. pepper
- 1-½ cups low fat milk
- 2/3 cups (2-½ oz.) low fat
American cheese,
shredded
- 4-½ cups sliced carrots, cooked and
drained (about 1-½ lb.)
- 1 TBSP. dried parsley flakes
- Vegetable cooking spray



1. Melt 2 TBSP. of the margarine. Combine with crushed Corn flakes cereal. Set aside for topping.
2. Melt remaining 1 TBSP. margarine in large saucepan over low heat. Add onion. Cook, stirring frequently, until onion is softened but not browned. Stir in flour, salt and pepper. Add milk gradually. Stir until smooth. Increase heat to medium and cook until bubbly and thickened, stirring constantly. Add cheese, stirring until melted. Remove from heat. Stir in carrots and parsley flakes. Spread mixture in 11x17x1-½ inch (1-½ qt.) glass baking dish coated with cooking spray. Sprinkle cereal mixture evenly over the top.

3. Bake at 350°F for 20 minutes or until thoroughly heated. Remove from oven. Let stand about 5 minutes before serving.

Nutrition Facts: Serving size 1 cup (164 grams) Calories 150 • Fat Cal. 54 • **% Daily Value** Total Fat 9% (6g) • Sat. Fat 10% (2g) • Cholest. 2% (5mg) • Sodium 16% (390mg) • Total Carb. 7% (20g) • Fiber 12% (3g) • Sugar 7g • Protein 12% (6g) • Vitamin A 440% • Vitamin C 10% • Calcium 15% • Iron 6%

Liver is a high source of Vitamin A. However, it is not recommended for pregnant women because it is such a high source of the type of vitamin A that can cause birth defects. Other foods sources of vitamin A do not cause birth defects.

Key Nutrient



Vitamin A

What does Vitamin A do?

Everyone needs Vitamin A. It helps:

1. Eyes to adjust to dim light and see in the dark.
2. Skin to be smooth and soft.
3. Body to resist infection.
4. Keep the lining of the mouth, nose, throat and digestive tract healthy.
5. Bones and teeth to grow and develop.
6. Assists in preventing anemia.

How Much Vitamin A Do I Need?

Children	
Age	Servings Per Week
1-4 yrs.	3 (¼ cup) servings

Adult	
Age	Servings Per Week
Non-pregnant Woman/teen	3 (½ cup) servings
Pregnant/ Breastfeeding woman/teen	7 (½ cup) servings

Vitamin A food I like:

New Vitamin A food I will try:

Goal: I will eat _____
serving(s) of Vitamin A
foods a week.

GOOD FOR
YOU!

**Vitamin A is stored
in the body. Too much
vitamin A can be harmful.
This is usually caused by
misuse of supplements.
Get your Vitamin A from foods.**

**Eat
ONE HIGH
OR
TWO GOOD**
Vitamin A foods
for each Vitamin A serving needed.

HIGH SOURCE

Carrots
Dandelion Greens
Mixed Vegetables
Pumpkin
Spinach
Sweet Potato



GOOD SOURCES

Cantaloupe
Greens:
(Collard, Mustard,
Turnip)
Kale
Mixed Vegetables, Frozen
Winter Squash:
(Acorn, Hubbard, Buttercup,
Butternut. Does not include
Zucchini)

